

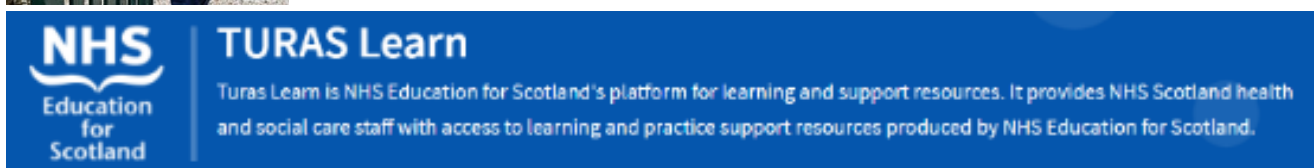
## Community Nurse Newsletter COVID-19 Issue 2 June 2020

### Welcome to the second edition of the Community Nurse newsletter to support your practice during this COVID-19 pandemic

The purpose of this newsletter is to provide you with signposting for quick and easy access to information, guidance and education resources to support your community nursing response to COVID 19 and can supplement those provided by your local Boards. This newsletter will be issued regularly in response to updates or changes to practice.



In [Issue 1](#) of the newsletter we introduced the [TURAS Learn: Coronavirus \(COVID 19\)](#) site which hosts a range of learning resources and guidance. We highlighted the refreshed pages aimed at supporting practitioners in the Community Setting and specifically the Community Nursing section. We also provided links to some of the top pick of key resources.



In this edition we will look at some of the resources that provide support for palliative and end of life care, death and bereavement as well as some resources to support staff well-being.

### Palliative and End of Life Care

In addition to the [Scottish Palliative Care guidelines for COVID19](#), the resources hosted on the [Palliative and end of life care](#) page of the TURAS Learn Covid-19 site offer some practical information and guidance that could refresh your knowledge and skills as well as supporting you and your colleagues learning more about this aspect of care.

There are also a range of downloadable Power point presentations covering topics such as:

- [End of life care for older people: introduction](#)
- [Recognising dying](#)
- [Nutrition and hydration](#)
- [Terminal restlessness](#)

A very useful resource for all staff is the [Informed about palliative and end of life care resource](#): An introductory learning resource covering: fundamentals in palliative care; communication and conversations; loss, grief and bereavement; care planning and delivery; and care in the last days of life.

You will also find a link to the [Support Around Death website](#) which host a range of generic guidance as well as COVID-19 specific resources.

The Scottish Government have produced the [COVID-19 palliative care toolkit](#) which gives detail about COVID symptoms at end of life and guidance on palliative care medicines to relieve and manage symptoms.

Guidance on requirements for practitioners when [attending deaths and care of the deceased](#) for people with suspected or confirmed Covid-19 in the community can be found within this Scottish Government document. Within you will find a link to guidance which provides an overview of requirements for visiting the home, supporting the bereaved families outlining required infection prevention and control measures. Although aimed at GPs the principles can be applied to any practitioner. This can be found in the COVID-19 deceased: current advice section of this document.

Section 6 of the [guidance for primary care](#) document provides further details about attending deaths and links to guidance for religious organisations, faith and cultural groups regarding the handling of presumed or confirmed COVID-19 virus in the deceased which may provide you with information to support families.

## Looking after yourself and your Team

Within the community setting we are working in unprecedented times and a potentially uncertain situation for some time to come, therefore, it's important that we look after ourselves and our colleagues. Hosted in the TURAS Learn Coronavirus (COVID-19) Support Worker page is, [Looking after yourself and others during COVID-19: A resource for team leaders in health and care settings](#).

The resource has five easy to navigate sections:

- Working collaboratively
- Preparing and sustaining yourself
- Supporting and sustaining your team
- Going home safely, protecting yourself and those around you
- Tools to support your team

These sections allow you to dip in and out of the resource in small bite sizes pieces of learning. The section, 'Tools to support your team' includes a useful overview of 'Psychological first aid safety for during work, leaving work and at home'.

There is also a daily check-in and check-out tool' and a [Going Home Checklist](#) poster that you can download.



## What's new

The [Community nursing](#) page signposts to the [British Geriatrics Society: Coronavirus and older people](#) resources. A new section, 'Coronavirus: Current information and advice' contains a section specifically for the community, residential and social care setting.

Scottish Government Guidance [Coronavirus \(COVID-19\): Test and Protect - summary](#) which provides Information and support for people who are asked to self-isolate because of COVID-19.

[Scottish Government Vitamin D: advice for all age groups](#) provides revised guidance to reflect the Coronavirus (COVID-19) situation and the advice to stay at home. This specifically includes advice for people who have low or no exposure to the sun for example those who cover their skin for cultural reasons, are housebound, confined indoors for long periods or live in an institution such as a care home.

**Other COVID-19 websites to keep yourself updated:** information can change frequently so it's worth checking these key sites regularly for any updates

### [Scottish Government - Coronavirus \(COVID 19\)](#)

This website provides a suite of key resources for health, care and social work.

### [Health Protection Scotland-Coronavirus \(COVID 19\)](#)

This website provides the latest guidance and education information and resources for health and social care practitioners.

### [NHS Inform - Coronavirus \(COVID 19\)](#)

This website provides the latest Coronavirus from NHS Scotland and the Scottish Government including physical distancing measures and advice for infected households.



We would love to hear from you about content for future issues, especially the kinds of resources and information you would find most useful or even if you have any specific questions you would like to ask.



Please get in touch at [NMAHPcovid-19enquiries@nes.scot.nhs.uk](mailto:NMAHPcovid-19enquiries@nes.scot.nhs.uk) with any queries, we are here to support you and your voice matters.



**Stay safe, stay well and stay connected – we are here to support your educational needs.**



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